

Sun-dried Tomato Cedar-Plank Salmon

Ingredients

- 1 untreated cedar plank
- ½ cup sun-dried tomato dressing
- ¼ cup parsley, finely chopped
- ¼ cup sun-dried tomatoes, finely chopped
- 1 tbsp olive oil
- 2 pound salmon fillet, 1 inch thick

Directions

1. Immerse the cedar plank in water.
2. Submerge and soak overnight.
3. Preheat the grill to medium heat.
4. Mix dressing, parsley and tomatoes.
5. Brush top of cedar plank with oil and place salmon on top of plank.
6. Place on grill and cover with lid for 10 minutes.
7. Brush fish with dressing mixture and continue to grill for 10 more minutes or until the salmon flakes easily with a fork.

Nutrition Information makes 8 servings (1/4 lb)

Per Serving

Calories: 170
Fat: 7.9g
Carbohydrate: 3g
Protein: 23g
Fiber: 0g
Sodium: 263mg



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